



DR. EUGÈNE OSTY
(Late) Director of the L'Institut Métapsychique, Paris.

Quarterly Transactions

OF THE

British College of Psychic Science

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EDITOR : MRS. HEWAT MCKENZIE

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EDITORIAL NOTES

It is with deep regret that we learn of the passing of Dr. Eugène Osty, the distinguished Director of L'Institut Métapsychique, at his home in Paris, on August 20th. We extend our sincerest sympathy to Mde. Osty and to her family in their bereavement, and also to the members of the Paris group who have lost their leader.

Dr. Osty, a distinguished neurologist and an interested student of Psychical Research, assumed the Directorship of the L'Institut Métapsychique in 1924, on the tragic death of Dr. Gustave Geley, the first director appointed by the founder, Mons. Jean Meyer, when the centre was established in 1920. He has sustained the position during these fourteen years with dignity and ability. A practical investigator, he sought to secure the best mediums for the demonstration of psychic phenomena and through his work has added greatly to our knowledge. He had his share of disappointments as others in this field. His work with Rudi Schneider in demonstrating by experimental and photographic means the reality of psychic substance was an outstanding contribution. In these particular experiments he was ably assisted by his son. Dr. Osty's interest in mental mediumship was of long standing and when physical mediumship was not available he persistently continued his studies in this field. His earlier work is in our hands in his valuable work, *La Connaissance Supranormale*, translated for English readers by our late Editor, Stanley de Brath, under the title "Supernormal Faculties of Man," in constant demand by students. The faculty of precognition was a favourite study and his views

on this and on other matters in recent years were to be found in regular contributions to the *Revue Métapsychique*, the bi-monthly organ of L'Institut.

Dr. Osty was not a declared Spiritualist, but kept an open mind as to the origin of the psychic powers in which he was a profound believer. He held the view that all men and women possessed such powers potentially, powers which were seen to flower in those who were called mediums.

Dr. Osty's attitude to the work of the British College has always been of an extremely friendly nature and many of our members visiting Paris have experienced kindness and help in their investigations. Only recently, through his courtesy we were able to show at the College the magnificent inspirational painting by the psychic artist, Mons. Lesage, which belongs to the Paris centre.

We reproduce, in this issue, as a tribute to Dr. Osty, a photograph, first published in *PSYCHIC SCIENCE*, in October, 1926, as many may care to look upon the lineaments of one who contributed whole-heartedly to the advancement of psychic knowledge.

* * *

East and West meet and learn from each other, to mutual advantage, in the modern world. Members of the College had a unique opportunity on June 30th, in an extra item introduced into the College programme, to witness a very fine demonstration of Hatha Yoga, feats of control of body, breath, and mind, by Yogi Vithaldas, whose portrait, in one of the famous traditional postures we have pleasure in presenting to our readers. The Yogi kindly consented to give this demonstration during his stay in London, at the end of a long tour on the Continent and in China and Japan. The lecture room was crowded to capacity by members, and many interested visitors. Medical men appreciated seeing, at first-hand, the physiological wonder of the demonstration and Indian students and teachers supported their countryman with friendly and understanding admiration. Many would gladly have seen the Yogi's skill a second time if it had been possible to arrange this.

* * *

Vithaldas is a young Hindu of twenty-six, from the Bombay

Presidency. Since the age of nineteen he has studied Hatha Yoga under his *guru*, now he is enjoying a well-earned vacation and is utilising this to gain a knowledge of the West: he returns to India to pursue another long course of training on advanced mental aspects. Vithaldas was anxious while in the West, to demonstrate the value of the knowledge he had acquired, both as it affected health and mind-control. He is a life-long vegetarian and neither smokes nor takes alcohol: he is the possessor of a beautifully formed body, and the sense of the body being but an instrument of the mind, a marvellously trained instrument, was brought home to his audience in a striking manner. During his demonstration the onlookers were frequently stilled to wonder and admiration. All was gracefully and modestly performed, the almost seeming impossible manipulations being accomplished with calm and ease. The muscles of any part of his frame seemed to be under his instant control and his breath control was equally convincing. A demonstration not to be lightly forgotten by those present.

* * *

His feat of swallowing and regurgitation, for internal cleansing according to Hindu custom, of a narrow bandage twenty-four feet in length, was instructive. We have often heard of the possibility of suspect materialising mediums secreting and regurgitating yards of muslin to be utilised for drapery, material which must again be concealed from searchers. I noticed that this "expert," who had practised this feat for years, was only able to swallow an inch wide piece, first soaked in water, and that he required plenty of time to do so; the regurgitation was certainly speedier, but was necessarily accompanied by unavoidable sounds which even in the dark, would be unmistakable. If this is so in this case, what ground is there for the assertion that yards of material can be so secreted, material too, which bears no trace of dampness? If there is secretion, it is not done in this fashion.

* * *

Yoga Explained (illustrated), by Yeats Brown, offers guidance for Western students by a Westerner who has himself mastered much of the Hatha Yoga training, and *Yoga* (illustrated), by Dr. K. T. Behanan, Ph.D. (The Institute

of Human Relations, Yale Univ., U.S.A., (Secker and Warburg,) another recent book, deals with the same subject. Dr. Behanan is an Indian and a fellowship from Yale enabled him to revisit India after a considerable absence, and place himself under a famous Swami for training, so that he might at first-hand be able to estimate its advantages in the light of his Western knowledge, and compare the technique with Western methods of body and mind development, and of psycho-analysis. He testifies in this scientific study to the benefits of Hatha Yoga, when wisely taught, to himself and to others with whom he shared the long course, and endorses remarks on the subject made by Prof. William James many years ago in "On Vital Reserves," who says:—

"A very gifted European friend of mine who, by persistently carrying out for several months the Yoga methods of fasting from food and sleep, its exercises in breathing and thought concentration, and its fantastic posture gymnastics, seems to have succeeded in waking up deeper and deeper levels of will and moral and intellectual power in himself, and to have escaped from a decidedly menacing brain condition of the 'circular' type from which he had suffered for years. A profound modification has unquestionably occurred in the running of his mental machinery. The gearing has changed and his will is available otherwise than it was."

That claim Dr. Behanan endorses from his own practical experience in recent years, and it is useful to know from this authority, who writes for the West, that the East is justified in its claims to have made in this, a valuable contribution to human well-being, however unable we may be to use such methods to the same degree. Many of these are distinctly related to psychic development, but, unlike the East, the West has few trained teachers to supervise such development and must experiment and grope for the knowledge.

* * *

Yogi feats are not always so pleasantly demonstrated. Recently, an Egyptian, Rahman Bey, under the auspices of the University of London Psychical Research Group, consented to be buried for an hour while in a trance state. All preparations were made in a country garden and standing with his

hands pressed to his neck and temples, he was lowered to the pit and the covering-in began. But four minutes later he rang an electric bell, placed near his hand, indicating that he was in danger of suffocation, and by the time the experimenters were able to get him out he had suffered intensely. He explained, and I understand this was acknowledged, that, when his body was being lowered, someone had inadvertently knocked one hand away from his head. This had cut short the cataleptic state he had induced and placed him in danger. Pressure on certain nerves of the body as well as mind-control is used in such experiments and this apparently had been interfered with when the position of the hand had been altered. Rahman Bey has we believe, agreed to try again in the autumn with medical recording instruments strapped to his body.

The College acknowledge the courtesy of several members who have supplied copies of early issues of PSYCHIC SCIENCE appealed for in our July issue.

Several missing *Library* volumes have also reached us, but by no means all which were reported as having disappeared, and we would again ask members to refer to the list in July PSYCHIC SCIENCE and examine their bookshelves in case these have been overlooked.

ULTRA-PHYSICAL AGENCY
AND ITS SUGGESTED CONNECTION WITH
MENTAL DISTURBANCE AND CRIME

BY LOUIS S. VERNON-WORSLEY

Consulting Psychopath

[The subject of Mr. Vernon-Worsley's article needs dealing with from time to time to remind us that we are still far from understanding the causes behind mental disturbances, common and increasing to-day in every Western country and in the United States. Every treatment, orthodox and unorthodox, should be utilised, and students of psychic science possess one such means in their knowledge of auric disturbance.

Louise Rice, a practising psychologist, has an interesting article in the American S.P.R. Journal (March, 1938), on the subject, "Disintegrated Personalities—Or Possession," in which, quoting cases examined by herself, she says, "One thing I can say, positively, and that is that the evidence for possession is just as strong as the evidence accepted by the medical world, for "disintegrated personality."—ED.]

In the course of this exposition of what is admittedly a baffling problem, we shall rest content by merely setting down our theories and conclusions, as we fully recognize that no investigator can hope to be able to record more than a tiny fragment of the whole in the realm of knowledge, and we shall indeed, feel fully compensated, if we are successful in persuading others to turn their attention in the direction here indicated.

The active opposition of the medical profession to anything of an unorthodox nature is well known, and it is therefore, refreshing to find from time to time, well-known members of that profession "coming down to earth," so to speak, and paying tribute to new thought. We shall give an illustration of this later.

Under the Lunacy Laws, and subsequent additions thereto, any person showing signs of mental derangement, or only in some cases, feeble-mindedness, or moral defect (such as simpletons, idiots, etc.), can be certified for committal to an Institution, for segregation and what is considered by the powers that be, *the Appropriate Treatment*. The small percentage of cures or even recoveries, however, seems to

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indicate that much further light requires to be shed not only on *treatment* but *causation* of mental derangement.

Personally, we look with serious misgiving to trying experiments with potent and dangerous drugs on helpless people who cannot object; only recently, there was a fatal case. At the subsequent inquest, Sir Bernard Spilsbury who was called by the other side, definitely asserted that the death had been caused through an injection of Insulin or Cardiazol, the administration of which first causes frenzy and then exhaustion, after which the patient (if still alive) is subjected to "suggestion."

Ironically enough, only the week before this disclosure was made, the "stunt" press had gone into transports of delight over this alleged "miracle" treatment, visualizing the early arrival of the day when Asylums would be done away with. We regret we cannot join in their "unbounded" optimism, as we fear there will be repetitions of the tragedy if this treatment is persisted in. Of course, perhaps the official view is that a few lunatics less is not half as important as the testing out of experimental drugs.

The reader may well be tempted to ask at this point, "But what has all this got to do with Psychic Science?" We would reply by using the words of that famous psychic investigator, Sir Arthur Conan Doyle (who was also a Doctor of Medicine), "Everything! My dear Watson!"

In Metaphysics and the Realm of Mind, we are dealing with the Mental Plane, and therefore any illness or defect which upsets the balance, must, of necessity, demand our study and attention. You may still persist, however, that this is solely the domain of the doctor! It is to try to disprove some of the misconceptions obtaining on this point, that we have written the present paper, and we would ask the sceptics to at least do us the honour of studying the *whole* of our arguments.

It will, no doubt, be recollected by readers that the question of the propriety of segregating certain types of mental cases has often been the subject of severe criticism and even public enquiry, as is only to be expected where the liberty of the subject is at stake. The writer well recollects the storm which raged just after the Great War over the placing of

shell-shocked ex-Service men in ordinary lunatic Asylums, and as a result of that agitation, valuable reforms were introduced.

It is good that the Courts should jealously guard the sacred liberties of the people, and there have been several recent instances of Judges ordering the release of persons illegally detained in Asylums. Indeed, personal evidence of one such case has reached us. These disclosures are bound to create disquiet and also suspicion in the public mind. The sweeping powers of the Board of Control in Lunacy are open to grave abuse, and personally, we have no doubts whatever, that there are many sane people at present languishing "in durance vile" who ought to be released forthwith, their aberration having been of a transient and possibly psychic nature, having nothing to do with organic lesions of the Brain itself. No reforms can be too drastic that will prevent the "certification" of some people, either through human cupidity or actual official malfeasance.

It is our conviction that large numbers of mental cases *are* curable by the adoption of psychopathic treatment, and the lack of real success attending the orthodox methods is due in our humble opinion, in no small measure, to the insistence on the *Brain* itself *always* being the seat of the mischief. Surely, the words Psychosis or Psychoneurosis should convey some small indication of the probable source of origin, but here we run full tilt against the cast-iron wall of prejudice. To accept anything purporting to have a Metapsychical background, is too much to ask of the Medical profession as a whole, but that there are some whose intellects are not closed to such development, we shall proceed to show by now quoting Professor W. B. Carpenter, C.B., M.D., LL.D., F.R.S., F.L.S., F.G.S., whose work "Mental Physiology" will ever command esteem.

He says, "It has been already shown that sense perceptions of various kinds may be excited in the mind, not merely by impressions made upon the corresponding *Organs of Sense*, but also by *Ideas* with which the mind becomes 'possessed' *through other Channels*. It is only necessary to glance at some of the most familiar features of Insanity to be assured that the strangest perversions of sense-perceptions, exhibited

by the 'Biologized' subject, have their counterpart in those morbid States in which the controlling power of the Will is altogether suspended, and the mind is 'possessed' not transiently but enduringly (in some cases) by some *dominant idea or force*.

"Entirely 'possessed' as he is by the one idea *fixed in his mind* by *another*, and unable to escape from it by any volitional act of his own, the subject proceeds to *act as directed* by the 'controlling influence' whether that force be *seen or unseen*. The proportion of 'sensitive' individuals is stated by those who have experimented extensively in this field, to be from one in twelve to one in twenty, so that in a company of say fifty to sixty persons, there are sure to be two or three at least, who will be amenable to *extraneous influences*."

That statement made by an eminent Physiologist of the old school, is worthy of careful study, and it is comforting to us to know, that if *we* are suspected of "delusions," at least, we are in excellent company.

One of the saddest aspects of mental trouble is the feeling of terror in some cases and abhorrence in others, which is engendered towards the unfortunate sufferer, and it is not often that the stigma attaching thereto can be lived down in the span of a single lifetime.

Antipathy towards violent outbursts and the possible disruption of the home or perhaps personal injury is quite understandable, but we cannot help feeling that many such cases have only become unmanageable through lack of understanding when the disability first manifested itself.

Making allowance for what is termed Mendelian recessivity and dominance in some of the rarer conditions of mental infirmity, there still remains a goodly number of cases which do not come within this category, persons who, as we have said before, ought to have their cases reviewed with the object of release for quite valid reasons. These unfortunates are the tragic victims of unreasoning prejudice, and maybe occasionally, of malfeasance, and their condition is only aggravated by detention and illegal restraint. Is it any wonder, that some of these poor creatures, realizing the apparent hopelessness of their plight, and the attitude of

their companions and attendants, sometimes become violent? Some may here feel inclined to say that the staffs of Asylums are *all* fully qualified Specialists in Mental Disorder and therefore should know what is best in the way of treatment for those under their charge, but is this so? We do not think it can be when one of the most fruitful causes of mental disturbance remains unrecognized, as is admitted by the profession itself (see proceedings of Medical Congress, at Plymouth).

The requirements of medical curricula for the observance and study of mental diseases are ridiculously inadequate, and we cannot for a moment, accept the view that *every* member of the staff of Medical Officers at an Asylum is an infallible expert in Insanity.

Very "illuminating" indeed, were the remarks of various speakers at the British Medical Association, held at Plymouth in July last, who "deplored the continual loss of patients (mark this well), *through dissatisfaction* with treatment, and who transferred themselves to Naturopaths, Psychic Healers, or other "quacks," who often succeeded in affecting a cure." This is surely a prize titbit, coming, as it does, from the most cast-iron trade union in the world! It is a frank confession of failure to understand their job, and apparently a large body of the public are fast losing faith in the number of professional "bunglers" whose errors are "protected" by the degree they hold. It has often been said that doctor's mistakes are rarely discovered, because they are hidden beneath tombstones. That be as it may, there was surely something almost Gilbertian about the elder brethren of the profession "lecturing" the younger members on incompetence, particularly, as regards the diagnosis of cases of Neurosis (the basis of many mental troubles).

There you have the fullest proof from the Medical profession itself that they *are not infallible* by any means, and one can understand their high-handed attitude towards many really successful unqualified practitioners, who threaten their living. No wonder the Congress also expressed its grave concern about the increasing number of actions at law against doctors for professional "negligence." Furthermore, these want the law either altered or clarified regarding the certification of

persons of "alleged unsound mind," so as to protect "themselves."

Returning to the theme of insanity, one cannot expect much progress to be made whilst it is insisted that all mental disturbance is *primarily* connected with the Physical Brain in the cranium. Rather do *we* look for the cause of these maladies in a region which lies outside the "physical" envelope, where the powerful emotions operate. This will, no doubt, raise a smile on the lips of the orthodox doctrinaires. The writer having made, at close quarters, a prolonged study of the human brain, as well as that much debated entity the *Mind*, has been forced to the conclusion that certain forms of mental illness *are not* disorders of the mind or its alleged home, the Brain, but, on the contrary, would be more accurately diagnosed as *Auric Disturbance*, induced by those "extraneous influences" which Professor Carpenter refers to; put plainly, by the activities of evil *discarnate entities*, to describe whom, we have coined a special word, viz., *Etherites*.

We regard the Aura as the seat of operations of all the chief emotions, and its very nature renders it a vulnerable area for either approach or attack by *external* influences. The possession of extra-dimensional vision, coupled with possible knowledge of supernormal laws makes *their* task a comparatively easy one, and the penetration and saturation of the Aura with their own vibrations places them in command, at least for the time being, of the physical body, which thus becomes their instrument to play upon any time they choose.

The difficulty of detecting their presence is a very real one, but concentration on this subject for the general good, should produce in course of time, a method of dealing with these illusive forces. It is a remarkable fact, and one which very strikingly confirms the view of the nature of Emotional States previously propounded, that the insane impulse appears to be not infrequently the expression of *a dominant idea* with which there is no such pleasurable association of feeling as makes the actions prompted by it an object of *desire*, but which operates by *taking full possession* of the *Mind*, and by forcing the body (so to speak), into the movements or actions which express it.

The individual thus affected regards himself or herself as the *victim of necessity* which he cannot resist, and may be perfectly conscious (as when the impulse proceeds from strong desire) that what he is doing will be injurious either to others or himself. This state bears a close resemblance to that of the "Biologized" subject, who is promptly told, "*you must do this,*" and does it accordingly, and is one which is particularly liable to be induced by the influence of suggestion *from without*, which takes a strong hold of the attention.

Before proceeding further, let us make it quite clear that at no time in this paper, are we referring to entities who manifest for obvious and legitimate purposes. *They are quite outside the scope of our own investigations.*

For that reason, we put the various influences into categories, similar to the classification of ordinary human beings, which perhaps, will make this clearer.

Class 1. (*Good*).—This includes all entities manifesting through "sensitives."

Class 2. (*Indifferent*).—Miscellaneous and eccentric entities (Poltergeists, etc.).

Class 3. (*Definitely Bad*).—This includes certain forms of obsession, vice and criminality. (*Etherites*.)

We will now proceed to propound our theory as to how Etherites manifest, in other words, their *modus operandi*.

The dual unit (Physical Body and Auras), are both electrical conductors, and as such are continually vibrating at different velocities, the body on account of its greater density, probably being the slower of the two. On the other hand, the Auras attain much higher speeds, and their continual variation of rate makes them alternatively a "transmitting" as well as a "receiving" apparatus.

It is when operating in the latter mode that absorption of incoming waves of influence take place, the vibrations impinging on the outer Aura No. 1 (Aerial). Should the incoming waves be of considerable strength, they can, without much loss of energy, penetrate the outer envelope by saturation, and then continue on their course,

Aura No. 2 (Inner), now feels their influence, but being of lower resistance than the outer envelope, the process of accommodation is less difficult, and penetration continues rapidly, finally reaching the Etheric Double, the latter being by far, the most sensitive of the three Auras. At this stage, what we shall describe as the "stepping-down" or "tuning-in" process is complete, and control of the physical senses follows.

Assuming (and personally we see no reason to doubt it), that a band or ray of vibrations connects the Etheric Double to the physical body, perhaps an analogy here will help to illustrate a difficult point. You will recollect having seen comparatively recently, accounts of the control by wireless or a beam of light, of warships, submarines and aircraft, no living soul being on board. The mechanisms operating these devices are secret, but we have good reason for believing they use channels of vibrations or light rays. The same principle is involved in the so-called Death ray, the stopping of motor-car engines at a distance, and the automatic opening of doors.

You will agree that our theory of the electrical ray attachment is hardly any more a stretch of the imagination than the foregoing, and so we will now proceed with our description.

The aforementioned vibrational band is attached to the Solar Plexus in the physical body, and this great ganglia, coupled with the two other main nerve trunks, the Cardiac Plexus and the Hypogastric Plexus transfer the impressions to the ramifications of that other important distributing agent, the Pneumogastric Nerve, which is by this time at the mercy of the incoming influence.

The reactions are immediate and disconcerting. First and foremost, the respirations undergo a most marked acceleration, with a consequent increase in oxygenation of the blood. The Heart, in order to meet the new demands being made upon it, increases its beat rate with a resultant rise in blood pressure in both the arterial and venous circulations.

The distension of the blood vessels caused by the disturbance of the vaso-motor equilibrium, is reflected in distortion of the action of the special senses, particularly the Eyes and the Ears. These two vital mechanisms now become overloaded with nervous energy, generated by the increased blood

supply, and the result may be merely a form of auto-intoxication. On the other hand, what generally ensues is either frenzy or mania due to the alteration of the perspective of the whole objective field. This should not be too difficult to follow, but in order to make it clearer, another analogy will be useful.

The majority of people are only too well aware of the eccentric and often dangerous conduct of persons under the influence of alcohol or drugs. Also, how the eyes literally "blaze" with anger or jealousy (dilation of the pupil), or perhaps, depression has set in, due to grief, frustration, or loss, and it is only too apparent that the person so affected has suffered some remarkable change.

As a matter of fact, the "exciting" causes of these changes are the Emotions, and they have in such cases set up malignant vibrations, with the result that the balance between the Body and the Aura is disturbed, and the secretions may become poisonous in effect. It is this which gives rise to the belief that the dividing line between the sane and insane is sometimes very "thin" indeed.

To continue, the overstimulated Eyes now behold unaccustomed sights; buildings may appear distorted or about to fall; people and even animals may take on grotesque shapes, and thus become repugnant to the beholders, hence the cry, "Go away from me," or even worse.

On the other hand, a feeling of ecstasy or exhilaration may ensue, leading to flights of fancy as to identity; or again, the delusion may lead to the abandonment of conventional standards of conduct for something bizarre, erratic, or perhaps criminal.

The Ears acting under the same exaggerated stimulus, hear sounds of new and increased intensity (usually diagnosed as Auditory hallucinations), and cannot reconcile these peculiar vibrations with anything previously handled. Distortion is present, and the consequent magnification of the sensitivity of the sound recording apparatus under the domination of these malign influences often leads as we have already pointed out, to abnormal reactions.

The observers of these happenings naturally conclude those concerned have "gone off their head," or "taken

leave of their senses," and if anything, the latter remark probably describes exactly what has happened. Unfortunately, the real reason for the mischief is never suspected at the time, and medical advice is sought. The result is almost a foregone conclusion, unless the doctor has had Psychic experience; "certification" is suggested, or perhaps carried out forthwith, and another one is added to the already congested Asylums.

These "vibrational surges," may not be very noticeable at first, and perhaps only cause temporary eccentricity or abnormal behaviour, but the "possessing" entity on discovering the "feel" or suitability of the "instrument," continues to exercise an ever-increasing influence, until he has achieved complete dominance, and is master of the situation.

At this stage, treatment is necessary, and well may it be asked, "but how are you going to deal with elusive entities who have no form or shape of a concrete nature, and who may only laugh at ordinary methods of discipline which cannot affect them?"

A special technique is, of course, necessary, and although we cannot, for obvious reasons, go into its details here, we would remind you that these derogatory influences are electrical in character, and are therefore, not as immune from castigation as they imagine. The application of known laws of magnetism and electricity is not to their liking. In other words, it is quite possible to "shock" their sensibilities to such an extent that they will be only too glad to take their departure.

The famous experiments of Dr. Ferrier in Faradization of the cortical substance of the Cerebrum have been a valuable source of inspiration in dealing with this baffling problem; and further experience will no doubt add to what little we at present know.

We might here mention that the following methods, amongst others, have been tried with varying success:

Electrical vapour baths.

Induction Coils.

Hypnotism.

Suggestion.

Exorcism.

Special breathing exercises in Yoga.

In some directions these treatments are analogous to the "casting out of devils" so often referred to in the Bible, and also bear some resemblance, in theory, to the rites and rituals regularly adopted by native races for the dispossessing of "evil spirits." The recent controversy in the press as the result of the Bishop of Ely's pronouncement on this subject is still fresh in our recollection.

And now, for the remainder of this paper we should like to examine, but only superficially in this instance, the alleged activities of "Etherites" in the realm of criminology.

We feel convinced that languishing in our gaols are numbers of very ordinary people, now branded as criminals, through the base operations of "influences" quite unsuspected either by the poor delinquents themselves or the police authorities.

The mystifying nature of the sudden fall from grace of otherwise quite normal and respectable citizens is an ever-green puzzle to Sociologists and even Psychologists who have tried to fathom the causation of some of these defections from the moral code, apparently, entirely without motive.

Listening to the evidence, as we have so often done, *we* have come to the end of speculation about the matter, and for several years have been on the trail of those we suspect of causing these tragedies.

We know only too well how difficult it is to get people, particularly certain authorities, to take this matter seriously, and so, in order to reinforce our own humble opinion, permit us to quote a short extract from the well-known book *Psychic Philosophy* by the late Stanley de Brath, M.Inst.C.E. whose *bona fides* are vouched for by some of the highest authorities.

After speaking of the various orders in the spirit world, he goes on to say :

"Lowest of all are the degraded spirits who, unable to continue the foul acts of their earth lives, hover around the scenes of vice and infamy they once knew, and urge others on to the horrors of drink and fevered desire they once themselves delighted in, deriving a kind of secondary pleasure in seeing others follow the same ruin as their own."

There you have the complete case in a nutshell, and to add

anything to that statement would only spoil it. It may be asked why these "evil influences" only select certain people for their attention and how are people generally to protect themselves against something which is intangible and elusive?

The answer to the first query is that they can only "get through" the Auras of those who are emotionally unbalanced, or who have a continual state of disharmony existing, probably unknown to themselves, between the Physical Body and the Aura. That is why the true cause is rarely suspected.

To the second query we reply, those who are happy and contented have strong vibrations which defy the entrance of unwanted influences. It is for the cultivation of an even *tempo* that we should all strive, as this greatly increases not only our mental power but makes the physical envelope impervious to the assaults of germs and "Etherites" alike.

Naturally, our spiritual condition plays a large part in the defensive mechanism of earthly existence. Very few people however, are *really* spiritual, but all of us could truthfully say we were at times, Emotional, in some degree. In this connection, whilst we could hardly regard the habitual criminal as being spiritual, he can nevertheless, become very emotional on occasion, as is often demonstrated in our Courts when sentences are being meted out. As a matter of fact, criminals generally speaking, are remarkable for their vanity (surely one of the Emotions), and this fact is very often their undoing.

Coming to a sadder aspect of the criminal side, many instances of emotional disturbance are made public from time to time, where a clergyman or social worker, is the delinquent, and has committed one of those distressing sexual offences against the moral code. The greatest sympathy and understanding is particularly necessary in this class of case, as an enforced celibacy consequent on economic necessity, often leads to an unnatural existence, which slowly but surely undermines the resistance. This strain, coupled with the emotional stress which is the usual accompaniment of any form of religious worship, opens the door to unwanted influences and provides a fertile field for the operations of malicious entities.

Let it not be thought that this necessarily casts any aspersions on that noble and self-sacrificing band of workers, the Clergy in general.

The study of these phenomena is, in our opinion, the rightful province of the Psychopath and the Psychic Scientist, and need not be divorced from orthodox medical investigation. Once this is realized by the authorities, we shall have our feet on the true path of progress in a branch of human knowledge, which has been too long, the butt of anyone who cared to joke about it.

Only by awakening the public interest in these vital matters which we have been discussing, can we hope to obtain sympathy, support, and co-operation. When it is realized that we have made out our claims, we need have no fear of the result.

We confidently look forward to the time when Psychopathic Clinics (long in existence in America), will be a regular and established feature of medical practice, and treatment at such institutions will carry none of the stigma which attaches to incarceration in an Asylum.

The Science of Psycho-therapeutics is as yet only in its swaddling clothes, but in course of time no doubt, we shall have an adequate number of fully trained and equipped men and women of sympathy and understanding, whose business it will be to *re-tune* the temporarily disorganized *instruments* committed to their care, and put them in due course again on *the right wave-length*.

BOOKS RECEIVED FOR REVIEW

Discarnate Influence in Human Life, by Ernesto Bozzano. (John M. Watkins).

Experimental Telepathy, by René Warcollier. (Boston Soc. for Psychical Research).

The New Immortality, by J. W. Dunne. (Faber & Faber).

The Mystery of Versailles, by J. R. Sturge-Whiting. (Rider & Co.)

Parish the Healer, by Maurice Barbanell (Psychic Press, Ltd.).

The Psychic Life of Jesus, by Rev. G. Maurice Elliott. (Psychic Press, Ltd.).

Teachings of Silver Birch, by A. W. Austen.

The Immortal Road, by W. E. M. Abbott. (Stockwell).



YOGI VITHALDAS
in
PADMA-ĀSAN (LOTUS POSE)
(One of the Meditative Postures.)

A DREAM AND A SITTING

Mrs. M. Finch, of Aberystwyth, whose out-of-the-body experience related in the July issue of *PSYCHIC SCIENCE* indicated her mediumistic powers, sends me the following combination of dream and mediumistic matter which is rather unusual.

"On July 11th I had a vivid dream. I saw an elderly grey-haired woman holding out a ring (as though offering it to me). The ring had several ruby stones, but one was missing, for I saw a hollow in the setting. As I continued to gaze at the ring, the hollow disappeared and in its place appeared another beautiful ruby. (The dream in itself is not of great importance, but the chain of events which followed on the next day, seems more than mere coincidence.)

"On the morning of July 12th, a lady called at my home. I had met her once before some twelve months previously. We had a sitting together, and I was urged to ask her for an 'article,' feeling at the moment that it would help me to get *en rapport* with the spirit world. Imagine my surprise when she handed me a ring similar to that I had seen in my dream the previous night. I passed no comment, but held the ring, and almost instantaneously I *saw* the old lady who was connected with the dream ring. My sitter immediately recognized her from my description.

"At the close of the sitting I made a few enquiries about the ring and asked if at some time or another a stone had been missing. The sitter then told me she had lost a stone (ruby) from the ring and had recently had a new gem replaced in the hollow. I told my husband about the dream of the ring as soon as I woke, for I felt that it was not an ordinary dream, but a living experience. Did the elderly lady appear to me in this way, knowing that I should make contact with her niece on the following day?"

Mr. G. W. Finch confirms by letter that his wife told him of the dream about the ring with a missing ruby stone on the morning of the 12th July, and that on the evening of that day Mrs. T. called unexpectedly and asked for a sitting.

Mrs. T.—the sitter in question, a person of influence in her neighbourhood—has also, at my request, confirmed the incident

by letter to Mrs. Finch, which I have personally examined. She speaks of Mrs. Finch's "fine gift" and the help it has been to her to make contact with her mediumship. "I often think," she says, "of that amazing incident when you told me of your dream which concerned an elderly lady holding out a ruby ring from which there was one stone missing and which had been replaced. The elderly lady I recognized as my aunt, who has passed on eleven years. From the ruby ring I was wearing at the sitting there had been a missing stone which had been replaced, it coincided in every respect with your dream. You can make any use you like of this, for the whole statement is accurate."

BOOKS ADDED TO THE LIBRARY

SINCE JULY, 1938

* New Books

	<i>Cat. No.</i>	<i>Published.</i>
*AUSTEN, A. W. "Teachings of Silver Birch" ..	1820	1938
*BARNARD, AMY B. "Mind and Brain" (Phrenology)	78	1938
BARRETT, LADY. "Personality Survives Death" (2nd copy)	2743	1937
*BOZZANO, ERNESTO. "Discarnate Influence in Human Life"	79	1938
*CUDDON, ERIC. "Hypnosis, Its Meaning and Purpose"	207	1938
ELLIOTT, REV. MAURICE. "Spiritualism in the Old Testament"	1973	1937
*ELLIOTT, REV. MAURICE. "The Psychic Life of Jesus"	1974	1938
*GOLDNEY, K. M. and SOAL, S. G. S.P.R. Proceedings (Mrs. Garrett)	1472	1938
*HOWE, E. GRAHAM. "War Dance"	2113	1938
*LEAF, HORACE. "What Mediumship Is"	2189	1938
*RICHMOND, ZOË. "Evidence of Purpose"	2418	1938
*SALTMARSH, H. F. "Evidence of Personal Survival from Cross Correspondence"	3369	1938
*SOAL, S. G. "Preliminary Studies of a Vaudeville Telepathist"	751	1937
STOBART, M. A., ST. CLAIR. "Miracles and Adventures" (3rd copy)	742	1935
*STURGE-WHITING, J. R. "The Mystery of Versailles"	753	1938
*TYRRELL, PROF. G. N. M. "Science and Psychical Phenomena"	3467	1938
*YEATS-BROWN, F. "Yoga Explained"	1481	1938

SOME EXPERIENCES IN PROXY SITTINGS

HELEN ALEX DALLAS.

My purpose in the following article is to present certain selected incidents in proxy sittings which seem to me to preclude telepathy from the sitter as a possible explanation.

That does not, of course, exclude the application of such interpretations as chance coincidence or guessing ; but I have avoided citing instances in which such simple explanations seem at all probable.

I shall be very pleased if readers will take the trouble to examine these experiences critically, if they will, so to speak, place themselves in a jury-box in order to discover, if possible, some normal explanation of what occurred. I will only ask that whatever explanation may be suggested shall be reasonable and in line with human experience, and that they will believe that I have striven to be strictly accurate in each case.

EXAMPLE I

Some years ago I went up to London intending on the following day to visit Mrs. Osborne Leonard with whom I had made an appointment. Before starting, the post brought me a letter from a lady I had never met or heard from before, I put it in my bag to answer later. At the sitting on the next day Mrs. Leonard, in trance, described a young airman who had been killed, giving the initial of the pilot's name as well as his own initial. The description was very detailed and I made careful notes of it, but I could not recognize the person at all. I wished to identify him, but my only clue as to the possible direction in which to inquire was the post-mark on the envelope of the letter I had received on the previous day. That was "Manchester"; my correspondent lived near Manchester. When I replied to her letter I mentioned some of the statements made to me about the young airman and asked whether she recognized him. My correspondent wrote that she did not, but that she had read my letter to a visitor who had called on her, and that the latter had exclaimed, "My husband's brother!" Being well aware that it is easy to jump to conclusions and to imagine that one recognizes when similarities may be merely slight coincidences, I wrote out in detail about thirty points from my notes and asked that these might be answered by the visitor's husband, point by point, with "Yes" or "No." I also asked to see a photograph of the young man, and this was sent to me. Every detail of the description was borne out by the

photograph, even the curve of the well-cut lip. The photograph was clear and depicted a handsome face and figure. Here is a list of the chief points I sent for annotation. (The case was published in Vol. xxxii, 1921-22 of *S.P.R. Proceedings*. and in my book *Comrades on the Homeward Way*.)

The young man's name was Jack. He had a friend called Petrie.

The points and answers through my correspondent are as follows:—

1. A young man ; (aged 23). 2. Specially nice looking ; (very good looking). 3. Rather tall ; (6 ft.). 4. Strongly built ; (yes). 5. Well proportioned ; (yes). 7. Square face ; (yes). 8. Nice mouth, rather full lips curved at the corners ; (yes). 9. Straight nose rather rounded at the tips ; (yes). 10. Eyes blue ; (yes). 11. Ordinary brown eye-brows ; (he was on the fair side). 12. Forehead square ; (yes). 13. Practical ; (yes). 14. Passed suddenly ; (killed while flying, 1917). 16. Tried to impress his mother ; (blank). 17. P. ; (Petrie was a great friend of Jack's). 18. Mother and father on earth, don't live near you ; (Petrie's mother lives in the Lake district). 19. Name Jack given ; (Yes). 20. "I was flying when I was killed" ; (yes). 21. R. ; (the initial of two of his homes). 22. A lot of trams near his house ; (true of Jack's mother's home). 23. M. ; (the boy who was killed in the same machine was Captain Mountford. 24. Manchester ; (post town of Jack's brother). 35. Peter ; (an attempt at Petrie).

When this description was given I did not know of Jack's existence. It is a pity that Jack's brother was not able to follow up this interesting experience which seems to indicate a desire to communicate.

The case is remarkable because it is not only impossible that I could have any normal knowledge of Jack (I have never stayed in Manchester or, as far as I remember, even passed through that town). I have never seen the lady who corresponded with me ; she was a complete stranger until I received the letter just before my appointment with Mrs. Osborne Leonard. As I had no object connected with Jack in my possession this was not a case of psychometry.

EXAMPLE 2

When I heard that a foreign friend of mine, whom I had not seen for approximately twenty years, had by death been bereaved of his daughter, I wrote offering to have a proxy sitting for him ; this he declined at first, saying he did not think he would "believe" ; some time later, however, he asked me to carry out my offer. This I did with Mrs. Brittain. The sitting was in many respects interesting. A few points were within my knowledge, but only a few. I knew his daughter's name, but Mrs. Brittain could only give three letters of this name, indicating that there were two more which she did not mention. She

told me the name of a friend of the girl, quite unknown to me, a foreign name with which I was not familiar. I will only refer to one other point in this sitting. Mrs. Brittain made a statement which I at once denied, that is to say I told her that I believed this was incorrect ; she persisted, however, in elaborating it further, in spite of my denial.

When I sent the full notes to my friend he replied that the medium's statement on this point was correct and he added that he was impressed by the fact that "*au lieu de battre en retraite,*" on the point which I rejected, she had adhered to it. I am quite sure I had no normal knowledge of this fact, or of some other details mentioned in this sitting. The fact which I had regarded as improbable was an important one, and it was probably mentioned because of its evidential character, regarding an incident connected with his life before I made his acquaintance.

EXAMPLE 3

This can be related in the words of the lady it concerns. She is a friend of mine, at the time this occurred I knew her only by correspondence. Later she wrote to me :—

I often think of the wonderful message you got for me from my first husband. Do you recollect ? You had not then met me, but we had corresponded from Guernsey and France . . . you only knew me as Mrs. Mathers, and that my husband's name had been C— Mathers. You did not know that I had been married before. At a small private circle you tried to get a message for me and someone said he had one ; you asked the name. "Martin" was given. He said he had died several years previously, in a wild part of India, and asked you to tell me that he was always near me. All this meant nothing to you ; but you sent it for what it was worth. My first husband's name was Lawrence Martin ; he died of typhoid up the Khyber Pass . . . I always thought it most evidential. There was certainly no thought-transference then, as you knew nothing of such a person, and yet the name (second name) was given correctly and a description of the place where he died. Had I been sceptical at the time I think this must have convinced me that they are still very much alive and do not forget.

I have used pseudonyms, because as she is in Australia, to obtain permission to use the real names would cause needless delay.

EXAMPLE 4

In the July issue of this journal I alluded to some proxy sittings I had had on behalf of a lady I will call Mrs. Curtis, who lived in Canada, and whom I had never seen, but whose step-father was a friend of mine, by whom I had been asked to help his daughter, her husband having died very suddenly. I think some extracts from the notes of this proxy sitting may interest readers, as they afford much evidence of knowledge not within my normal reach.

I have purposely omitted many personal tokens of affection and intimate memories which were specially welcome to the recipient. My notes were copied and annotated by the widow, whose comments I here print between inverted commas, remarks of my own are in brackets.

MRS. BRITAIN.—“ John or James Herbert . . . ”

Comment.—“ James was my father's name, the other names mean nothing to me.”

MRS. BRITAIN.—“ Before death he was rushed and worried and also preparing for Christmas.”

Comment.—“ This was absolutely correct.”

MRS. BRITAIN.—“ Henry sends his love.”

Comment.—“ Often during the summer when my husband wrote to me he said ‘ Henry sends his love,’ meaning by Henry, my little canary.”

MRS. BRITAIN.—“ He spoke like a professor.”

Comment.—“ I think I know, a joke between us.”

MRS. BRITAIN.—“ He says she felt his nearness before she knew he had gone.”

Comment.—“ Yes I did.”

MRS. BRITAIN.—“ He thought of her and tried to be near her. She felt a premonition.”

Comment.—“ I had a premonition all that summer that I should not see him again.”

MRS. BRITAIN.—“ Water—there was water in his vision.”

Comment.—“ I understand this, another proof he was near me when he passed.”

The perusal of the full notes impressed both the widow and her father so much that they asked me to have another sitting with Mrs. Britain. This I did on March 10th, 1930.

Mrs. Britain said at the outset that she saw a big brown dog with thick hair. The first comment on this was that the description was correct, except that she thought the dog had white hair—she had never

seen it. In a subsequent letter she told me that she had learned that the dog's coat was brown.

MRS. BRITAIN.—“He has met a sister-in-law or a sister called Alice [The death of Alice was known to me] and Sarah—he is taking care of them.”

Comment.—“My sister Alice who passed on 27 years ago. Sarah, his mother, who died 8 years ago.”

MRS. BRITAIN.—“Is his name Fred? [I knew his Christian name was Frederick.] Alice said ‘Freddie’ to him.”

Comment.—“We called him Fred generally, Alice *always* called him Freddie.”

MRS. BRITAIN.—“Someone belonging to her called William.”

Comment.—“My uncle.”

MRS. BRITAIN.—“He was healthy but delicate.” [This applies to the Uncle.]

Comment.—“Perfectly true.”

MRS. BRITAIN.—[Referring to Frederick.] “His mission is to heal people. He would like to be a doctor, I think.”

Comment.—“Not a doctor, but was sorry he had not been one.”

MRS. BRITAIN.—“He has shown me strange flowers, like asters.”

Comment. “When we were married the church was decorated with pink and white asters and every anniversary of the day if possible he brought me asters.”

MRS. BRITAIN.—“Please ask her to be careful to lock up something, a drawer under a desk.”

Comment.—“This is very remarkable, I have such a desk and there are private and important things in a drawer under the desk! We used to keep this drawer locked.”

MRS. BRITAIN.—“He sends his love to step-father. He has not been well lately.”

Comment.—“We did not know at that time father was not well—soon after these notes he developed the illness which caused his death.”

At the close of this sitting, the word “Orange-oranges” was uttered; I hesitated to record these isolated words, but they proved to be significant. The comment by Mrs. Curtis was as follows:

“I met my husband at a place called ‘Orange’: he was born in East Orange, or at least lived there from earliest childhood, therefore the ‘oranges.’ Later we had a house in a place called ‘Orange City.’

Subsequently, I had proxy sittings with Mrs. Ruth Vaughan, Mrs. Mason, and Miss Bazett; seven sittings altogether, all contained evidential matter; they were indeed packed with allusions to facts unknown to me. I will quote one further incident here.

At a later sitting with Mrs. Brittain, Nov. 30th, 1933, after mentioning that Frederick had met Frank (his father's name was Frank) the medium said, "Her husband wants her to know that her father is glad she made the clock or watch go."

Comment.—"I said in my answer to this that I did not recognize the message. Then, perhaps a year later, in a flash it came to me—a conversation with my dear step-father I had a short time before he passed on. We were talking about the messages sent to us from the Other Side and I said, 'I wonder why the messages are so vague about such simple things, why don't they just say, "This is so and so?"' My father smiled and said, 'Why my dear, anyone could say that—they speak of some small happening that only you perhaps would remember. Now, if I were on the Other Side I might say something about the little clock—I might say, "I am glad the little clock is going again," or some such thing and you would know that I was speaking.' There is such a clock in the room my father used as a study when he was ill, and he was fond of it. Since he went I sometimes start it again. I think this is one of the most evidential messages I have had. I did not even remember the conversation until a long time after the sitting."

There were many other evidential things said in the course of the seven sittings I had for this lady, these few extracts must suffice for the purpose of this article.

As telepathy from the sitter (myself) cannot be admitted as an explanation, what other hypothesis can be suggested if we eliminate the activity of unseen intelligences? The co-operation of the father and of the husband of Mrs. Curtis would account for all the information imparted to me. Is there any other explanation which reasonably covers all the facts? These are *by no means* the only evidential proxy sittings I have had during my life.

In conclusion I will refer to Signor Bozzano's last very valuable book *Discarnate Intelligence in Human Life*, in which he lays stress on the significance of *rapport* in mediumistic communications, and experiments. He quotes a very important statement by Dr. Osty. No one can accuse Dr. Osty of being unduly influenced by a bias in favour of a spiritualistic interpretation of the phenomena he has so closely studied. The conclusion he has reached is expressed as follows :

In reality we are the victims of illusion when, arguing from appearances, we presume that the sensitive extracts the information from a latent mentality. The observer loses this illusion as soon as he seeks by

experiment for the explanation of the phenomenon. Only then will he realize how the phenomenon takes place—namely, that when a sensitive proposes to reveal to others personal details concerning the living, *his psychism becomes the inciter which provokes the activity of the psychism to be revealed.*

It is therefore by a sort of real and subconscious conversation that the mental couple elaborate such supernormal knowledge. It follows that it must not be asked of the sensitive to reveal that which a certain absent person thinks at the moment of the experiment, but to act as though the absent person were in his presence. Only in this manner can we cause two subconscious personalities to converse with each other, and the result of such a collaboration between two psychisms is translated into the indications furnished by the sensitive concerning the absent person and the circumstances of his life.

If we substitute the more familiar terms "psychic faculty" for "psychism" the meaning will be easily grasped. Dr. Osty applies this to experiments in which the "absent person" is still incarnate, but the application can be extended. The passage shows that Dr. Osty does not hold the view that a sensitive can penetrate the mind of an absent person so as to derive information concerning his thoughts which he does not himself intend *to impart*. How then did the sensitive obtain the informative message concerning Mrs. Martin's first husband, of whose existence I had no knowledge? And how did Mrs. Curtis correctly describe the colour of the dog of which my friend in Canada was unaware? Are we reasonably justified in assuming that all the details so correctly stated were imparted by converse between her and the medium through her "psychism," i.e., her psychic faculties, faculties of which she is not consciously aware? I merely put these questions, of course, in order to bring into strong relief the only interpretation of these proxy sittings which seems reasonable to me and which I hope will seem reasonable to those who will read this article.

A Consideration of a Series of Proxy Sittings. By the Rev. Drayton Thomas. S.P.R. Proc. Pt. 130, Vol. XLI, is a valuable contribution to above subject.—Ed.

EXPERIMENTS WITH TABLE MOVEMENTS

BY R. W. MACCORMACK

*Study Group Report presented to Leeds Psychic Research Society
on 27th April, 1938, for Period, April, 1937 to February, 1938.*

[The Leeds Psychic Research Group is affiliated to the British College of Psychic Science and has for several years proved its sustained and serious interest under the secretaryship of Mr. L. Allison. The late Dr. Maxwell Telling was, until his death, a Vice-President of the Society and gave practical and valuable help in its guidance.

That Group Experiment has been possible, as well as the general work carried on, is evidence of the vitality of this centre, and I am grateful for its permission and that of the Group Leader of one section, Mr. R. W. MacCormack, for allowing the use of this report, which shows considered thought on his own part and that of his members.

Table Movements may be considered elementary, but they are the method by which many make a first contact with psychic forces by personal experimentation. Through this method, considerable powers have sometimes been developed as much of our literature has shown. Others have found the communications baffling and disappointing, but experience has been gained. In this analysis clues both to success and failure may be found, and also to the general principles underlying the combined use of psychic powers and may offer some guidance for those making similar attempts. The method used by the Leeds Group for communication was by means of tilts with repetition of the letters of the alphabet: the hands of all the sitters rested on the table.

Mr. MacCormack's views on the importance of the *balance* of psychic power, when several sitters are concerned, is supported by M. René Warcollier in his valuable book *Experimental Telepathy* (Boston Soc. for Psychic Research, 1938).]—ED.

Mr. Chairman, Ladies and Gentlemen,

When I took over the leadership of this group, there was one main experimental idea in my mind, namely, Electrical force in relation to Psychic force.

However, I soon realized there were factors operating in connection with psychic force as witnessed in telekinesis, which I felt must be cleared up satisfactorily both to the group and myself before I could proceed with any relative electrical experiments.

These factors were *involuntary movement*, and the allied possibilities and probabilities in connection therewith.

Throughout this report I shall refer to all these taking part in the experiments as numbers. Attached to the numbers will be given the letter F. or M, denoting female or male, respectively.

The tables used were the following :

Table A

A table made for the Leeds Psychic Research Society, too heavy and awkward for an involuntary mover to spell out letters. I was told by experienced sitters that before we could expect movement from this table it would have to be used for these purposes over a considerable period until it became what was called magnetized.

At the commencement of each sitting, a short period was devoted to this magnetization. I do not think it is necessary for me to refer to this table again in this report after saying that the Psychic force generated by the sitters appears to have developed from nothing to a vibrational throbbing or a sort of shivering movement, but no actual tilting of the table has yet taken place.

Table B

This table belonged to one of the sitters. Had been used a number of years for these purposes. Was considered to be well magnetized by experienced sitters. Was smaller and lighter than "A" table, and could be operated by a voluntary or involuntary mover comparatively easily.

Table C

[This was a patented table. The experiments were not conclusive.]

Let me say here, that anyone who follows this report carefully must come to the conclusion that all the sitters worked as scientists with an honesty of purpose, irrespective of any particular denomination which they favoured as individuals, or they would not have submitted themselves to the experiments they did, and I wish to express my warmest thanks to every member of the group for their helpful co-operation.

I will now try to record as truthfully and quickly as I can, how my own mind was working and reacting to what I witnessed from the beginning of September to the beginning of April (the period covered by Group Experiments previous to this record).

After the first few sittings I suspected involuntary movement by number 5 F. This sitter had to leave the group for private reasons of her own. I now felt the road was clear, providing the table still moved, for further experiments with Psychic force. However, I was doomed to disappointment as I again suspected involuntary movement by another sitter, number 2 M. Well,

there came a sitting when the suspected sitter was not present. "Now," I thought, "my suspicions will be confirmed," but I was astounded to find the table still moved. Again in my opinion, the table was operated by an involuntary mover, number 1 F. Throughout the remaining summer sittings, I kept a very close watch on these two sitters, numbers 1 F. and 2 M. I kept pointing out at each sitting that I thought involuntary movement was playing some part in our proceedings and, without actually saying who the involuntary movers were, I stated from time to time at what part of the table most of the power was operating. My colleagues were very patient with me, yet I felt I could not go on until this question of involuntary movement was settled.

MY CONCLUSIONS AT COMMENCEMENT OF OCTOBER QUARTER, 1937

- (a) Involuntary action was responsible for the table moving.
- (b) Two persons, numbers 1 F. and 2 M. were responsible for this movement.
- (c) Neither person knows the other is operating, yet, at times, it would appear as though the one was waiting for the other. When number 1 is apparently unable to move the table due to its position or the hand pressure exerted by the other sitters, number 2 begins to operate and *vice versa*. *It is possible that the primary operating intelligence is moving from one sitter to the other, finding the most efficient medium to work through. I do not know whether the primary intelligence is conveyed telepathically from a discarnate entity or from one of the sitters, or whether the involuntary movement is due to some physical operation of the nervous system, or to a discarnate body or bodies working directly on the muscular systems of the two sitters.*

At the commencement of the October quarter, number 3 F. had to leave us for business reasons, and number 4 M. was finding it difficult to attend. Against the three regrettable losses since April last, we have had some fine gains in numbers 9, 11, 14 and 15 M. This brought the strength of the group to four ladies, numbers 1, 6, 8 and 10 F. and six gentlemen, numbers 2, 7, 9, 11, 14 and 15 M.

I explained to the Group what my conclusions were with regard to involuntary movement, and asked them to agree to some definite experiments to prove or disprove these conclusions. They were very eager to co-operate with me in anything I wished to do.

It should be kept in mind that no statement had been made as to whom the involuntary movers might be, because, so far as I was concerned, it was necessary to realize when dealing with

sub-conscious mind, that great care was needed or the whole experiments might be ruined.

For this experiment I had made a small electrical contact board. This is placed on the table in front of a sitter. The sitter puts his or her hands on the board. If any undue pressure is used, due to involuntary or voluntary movement, a bell rings.

The sitters at the table for this experiment, October 11th, 1937, were numbers 1 and 8 F. and numbers 2, 7, 9 and 14 M. Sitters in the room, but not at table, numbers 6 to 10 F. and 11 M.

The contact board was placed under the hands of number 2 M. The table moved to and from number 1 F. The contact board was placed under the hands of number 1 F. The table moved to and from number 2 M. The contact board was put back to number 2 M. and a piece of smooth paper was placed under the hands of number 1 F. The hands and contact board at number 2 M. trembled. The hands and smooth paper at number 1 F. had a tendency to move, but—the table lost its movement. The contact board at number 2 M. was replaced with a piece of smooth paper, the position now being, smooth paper under the hands of numbers 1 F. and 2 M., with no table movement. Whilst I was talking about these experiments, the hands and paper at number 2 M. started moving backwards and forwards on the table top, number 2 M. was quite conscious of what I was talking about, but said he could not keep his hands still. I think we have some evidence here in support of involuntary movement.

The paper was taken off the table, I then asked number 2 M. to try and move the table by his own conscious, voluntary movement. It was found he could make all the movements with the table that had been made in the past. But, in making this movement, number 2 M. appeared to be using much more effort than had been used before. However, if the movement had been due to involuntary muscular action, brought about by some mental or physical condition, or some spirit entity operating on the muscular system, then, in any case, as number 14 M. pointed out, there would be a funding of energy where movement was unconscious. Number 14 M. was entitled to speak with authority on this matter.

CONCLUSIONS UP TO DATE

Strong involuntary movement is proved to be operating through numbers 1 F. and 2 M.

In view of the education and general intelligence of the two sitters in question, I think the evidence leans to some other intelligence operating on their respective muscular systems.

I find in most cases, that when a sitter has sat at the table a

few times, slight involuntary movement takes place now and then, say, when a tune is being sung that appeals to them. I consider this kind of movement different altogether from the strong movement shown by numbers 1 F. and 2 M.

The tests as outlined, which had proved numbers 1 F. and 2 M. to be involuntary movers were put into operation before the new sitters had time to show or develop any involuntary action, but as you will see, from the report of the sitting immediately following the above-mentioned tests, new sitters were beginning to make their presence felt. Herewith copy of report. (I was not present at this sitting.)

October 25th, 1937.—"After about five to ten minutes great vibration was apparent. Number 10 F. was unable to keep her body still, as though some entity were trying to take hold of her. Later, a message was tapped out by the table from a spirit who gave his name as the father of number 10 F. to the effect that number 10 F. would be a medium. The sitters asked what form this would take, and the spirit friend replied "Yes" to Trance mediumship, and "No" to Clairaudience and Clairvoyance. This message came through only when number 10 F. was seated at the table. We asked the entity to move or raise the table off the floor, after several attempts it was raised higher than before, but not completely off the floor.

MY COMMENTS

As I had anticipated, new influences started to operate. This was the first time the operating intelligence had assumed a name, other than "Gordon" (who had operated in previous period).

At our next meeting, November 2nd, 1937, number 15 M. raised the question of unanimity operating amongst the sitters when a word was being spelt out.

The simple experiment of one sitter voluntarily controlling the spelling and noting how the rest of the sitters reacted to it, was carried out. Number 15 M. picked his own sitters, numbers 2, 7, 11, 14 and 15 M. However, I do not think the results were of real value, as the sitters themselves knew the nature of the experiments.

To theorize, helped by observation, one of the ways the other sitters assist the one through whom the power is definitely operating is by fomenting a desire that the table should move. Then, immediately the table shows the slightest tendency to move in any particular direction, the sitters not desiring to hinder the table movement, allow the weight of their hands at least to follow the table, and, in some cases, actually help it. You will note, very often, the table hesitates when stopping at a letter, probably due

to the pendulum motion of the sitters' hands being brought to a standstill, showing, I think, there is not unanimity existing between the sitters as to what the letter should be. In support of this, you will find that when a word can be easily anticipated, the table stops short and precisely at each letter.

I would suggest that unanimity is possible according to the degree of the *Telepathic balance* of the sitters, more in relation to the nature of the message, rather than the wording of the message.

Take a particular group of sitters, each sitter having arrived at a certain stage of development, as agent or percipient, in thought manipulation. Here you have a group of people acting and interacting on each other, first as agents then percipients, all working on the thought force of the original agent; that is, the thought force from which the table got its initial movement through an involuntary mover.

I think the pendulum movement of the sitters' hands, together with the interacting thought forces can help or retard the original operating intelligence. The above theories would account for one set of sitters getting much better results than another set of sitters, not depending so much upon the strength of their individual development as agent or percipient, but on the *balance* of the telepathic ability of the group. I would also ask you to consider, as a possibility, that what is known as a good set of sitters are so balanced as agents and percipients that their subconscious minds become neutralized as it were, thus allowing a discarnate mind to take charge. Again, supposing you had five good agents, their power as percipients only equalling one good percipient, they amplify what they have perceived five times in projecting it to one good percipient, who accordingly operates the table. The above arrangement could be reversed. I do not know which arrangement would produce the most selective receiver. I suggest that in time to come, scientists will experiment with incarnate minds, sorting out good agents and good percipients with the view of blending them together in a way suitable for contacting discarnate minds.

PART II

SITTING FOR MESSAGES (8th November, 1937)

The sitters, numbers 1 F., 15 M., 11 M., 10 F., 2 M., 6 F., 9 M., 14 M., 8 F., who sat at the meeting, October 25th, 1937, when number 10 F., or probably number 6 F. were the involuntary movers, sat at the table, numbers 1 F., 2 M. and 7 M. standing

out. No movement took place. I then asked number 1 F. to sit, number 15 M. standing out. Some vibratory movement was shown. Number 2 M. was brought in and seemed to complete the power necessary to definitely move the table.

As usual, most of the spelling did not make sense. First message to be noted "X—PLEE—S." Then "Please sing." After some further mixed letters, the following came through:—"Look on piano—song." We looked on the piano and examined the psychic trumpet which had been placed there at commencement of sitting. This had not moved from its marked position. The message could not be connected in any way.

It was agreed that no physical experiments should be tried out for two or three weeks, the idea being to give the operating intelligence or intelligences a chance to give evidential messages, if any, without being hampered in any way. Also to ascertain which group of sitters gave the best results.

It was pointed out that apart from the sitting held on October 25th, 1937, when numbers 6 F. or 10 F. would be the involuntary movers, the operating intelligence had always answered to the name "Gordon" when numbers 1 F. or 2 M. were the involuntary movers. Note.—Gordon appears to have a particularly warm corner for number 2 M. Number 2 M. believes he knew him when on the earth plane.

It was agreed that those of the original sitters now present should commence the sitting, numbers 1 F., 2 M., 7 M. and 8 F. and also one new sitter number 14 M. We had been sitting a few minutes when it was decided a little music might help. The psychic Trumpet was moved from the piano by us. When the table began to move I asked if "Gordon" was operating. "YES." I then asked for assistance in selecting the best group of sitters. This was readily offered.

"Should any of the present sitters leave the table?" "No."

"Should I bring any of the other sitters in?" "Yes, No. 10 F."

After this, it was very difficult to make any real sense of the messages, we were getting so many contradictions. I then asked if one of the other sitters should put the questions. "No." "Was the intelligence trying to tell us where he resided when on the earth plane?" "YES," very definitely.

Attempts were made to get this information through, with no better results. I was compelled to leave the meeting about this time.

MY COMMENTS

I had felt at this sitting, a very strong urge to move the table myself. In view of the jumbled nature of the letters and words given, and in particular the contradictory answers to questions,

when we tried to sort out the real meaning of a message, it seems obvious to me that more than one intelligence is operating.

Whether our own individual conscious or sub-conscious intelligence had anything to do with our difficulties I do not know. But, let us examine the position from previous observations:

Seated at the table we had numbers 1 F. and 2 M., proved involuntary movers, with evidence tending to show that intelligence or intelligences apart from their own conscious intelligence had been operating. Also, numbers 10 F. and 6 F. who were the probable movers at the October 25th meeting, when an operating intelligence claimed recognition other than "Gordon." Here we have, then, four potential mediums who may, in part at least, have something to do with the mixed messages. I know the intelligence "Gordon" approved of the group of sitters' numbers 1 F., 2 M., 6 F., 7 M., 8 F., 10 F. and 14 M., yet there may have been factors he had not taken into consideration. So, I suggest numbers 1 F., 2 M., 6 F. and 10 F. be tried out separately in two ways:

(a) Only one of these four numbers be allowed to sit, each taking a turn at the table.

(b) The group as approved by "Gordon," numbers 1 F., 2 M., 6 F., 7 M., 8 F., 10 F. and 14 M., should sit. A piece of smooth paper to be placed between the hands of all the sitters and the table except one of the four potential mediums: each of these four numbers 1 F., 2 M., 6 F. and 10 F., taking turns to sit without the paper. By adopting these two methods, we may be likely to get much clearer answers to our questions.

MEETING (November 15th, 1937)

Experiment for clarity of messages. Methods adopted, as outlined in comments on previous sitting.

The sitting was opened with numbers 6 F., 7 M., 9 M., 14 M. and 15 M. with number 1 F. as potential operating medium. Then numbers 10 F., 6 F. and 2 M. each took a turn as potential operating medium.

Table movement was weak. It was noticed that sitters who had not previously shewn involuntary movement were doing so now. This confirms my comments dated 11th October, 1937, that new sitters after the first few sittings began to show involuntary movement. However, this new involuntary movement was having an adverse effect on the anticipated results of our experiment. Pieces of thin paper were placed between the hands of all the sitters and the table, excepting the potential medium under test.

Number 14 M. who had sat at the table about four times and had proved himself to be a most docile sitter was now showing

fairly strong involuntary movement. I asked him if he could control his hands ; he did so for about a minute and then started to move the paper again. All that happened during this period was slight table movement, with no inclination to spell out letters.

The papers were removed from the table and a further sitting for messages was attempted, the sitters being numbers 1 F., 2 M., 6 F., 9 M., 10 F., 11 M. and 15 M. This group, you will see, includes the four potential mediums, leaving numbers 7 M. and 14 M. standing out. The following messages came through :

"Sam Warner, I am hastening letter." (This came through comparatively easily.) Number 15 M. left the table here. Then : "We shall have book reading every, —The." (This came through with some difficulty.)

CONCLUSIONS

- (a) Methods adopted to clarify messages were not successful.
- (b) Arising out of these tests involuntary movement was shown by sitters who had not previously shown any.
- (c) It is necessary that the same sitters should work together at many sittings before putting into operation any more tests of a similar nature to those which have been tried in the past.

MEETING (November 22nd, 1937)

I was not present at this meeting. Copy of report handed to me by 10 F.

No experiments were carried out—sitting held purely for messages. Sitters present, numbers 1, 6, 10 F. and 2, 11, 14 and 15 M.

At commencement of sitting, number 2 M. fell forward (not quite touching the table with his head), into what appeared to be a semi-trance state. He was quite normal in about ten minutes. The table now gave the following messages :

"SAM WARNER." "Where do you live?" "25 STREET LANE, ALPINE COTTAGE." "Is there a Sam Warner still living there?" "YES." "Are they on the telephone now?" "YES." "Could you give the telephone number?" "No."

(We scrutinized the telephone directory, but could not trace anybody by the name of "Warner, Street Lane, Leeds.")

"Have you a message?" "YES—SOON. '—' (No. 2 M.) WILL GO IN TRANCE." Number 2 M. asked a mental question to which the table replied "MIND INSPIRED." Number 2 M. deemed this answer satisfactory. Number 2 M. then asked if any conditions were necessary for trance, and the table answered "IF LIE ON SOFA." Number 2 M. accordingly lay on the sofa. The table then gave the following : "Number 10 TO LEAD THE TABLE." (Number 10 F.'s name being spelt out.) "Number 10 F MUST LIE DOWN." A further message from table "NEXT WEEK ONLY

OUR GORDON WILL COME NO MORE." Number 2 M. suggested that Gordon would, however, come sometimes, to which the table replied "NEVER." Number 2 M. asked who would take Gordon's place. The table replied "SAM WOKES" and corrected the name to "DAN WOKES." These names were not recognized by number 2 M. A further message was given by the table: "Number 2 M. GUIDE PERFECT INSPIRATION I AM HIS ONLY GUIDE."

MEETING (November 29th, 1937). Number 15 M. acting as recorder.
(Copy of messages recorded):

"Could you please spell out your name?" "H.H." "Can you say 'Good evening' to us?" "YES" (Numbers 8 F., 1 F., 7 M., 2 M., 10 F., 12 M., 15 M. "Can you please spell out your name?" "YES—SAM WARNER—YES." "Do you know the person Number 2 M. enquired of?" "YES" (after three attempts). "Spell?" "YES, G.H." "Are you there Mr. Warner?" "YES." "Anything you would like to tell us specially?" "A STREET WINTER TRY TO LOSE TRANCE EVA IS TRANCE WANTED VERY SOON FRUPWILL VMPWING YOCUR." From Gordon: "Take no notice of speaker." "Have you a message for the group?" "Do you want (Number 2 M.) to put his hands on table?" "No." "Have you a message for (Number 2 M.)?" "YES—ON TABLE—YES." (Number 2 M. put his hands on table). "VERY SOON ON TO TRANCE."

Mental Questions were put by sitters and replies received as follows:

Number	7	Answer	"Yes."	(Question : Did I see Gordon on stairs?)
"	8	"	"	Satisfactory.
"	11	"	"	"
"	10	"	"	"
"	2	"	"No."	"
"	14	"	"Yes."	"
"	1	"	"Yes."	This may be proved some day.
"	15	"	"No."	Not satisfactory.

"Is that Gordon answering these mental questions?" "YES."

After this sitting, Numbers 15 M., 2 M. and myself had a very interesting discussion on the evidence for and against the possibilities of a discarnate spirit or spirits working on the table directly through the body of the sitter. We were definitely agreed on the evidence we had witnessed that sub-conscious mind plus the muscular system are channels through which the table gets its movement. Number 15 M. was of the opinion that discarnate spirit did not enter into the matter at all. I pointed out that

I was not yet satisfied as to all the factors that contributed to table movement and told Number 15 M. there was no more proof of the sub-conscious mind acting alone or in conjunction with other incarnate minds than there was of discarnate mind working on the sub-conscious minds of the sitters. To this Number 15 M. disagreed. He said he had definite proof that the sub-conscious mind plus the muscular system were wholly responsible. He proceeded to explain that he himself had been responsible for the name "Sam Warner" being spelt out in the first instance, that he himself had voluntarily, physically controlled the table to bring about the spelling out of this name.

This certainly looks as though the sitters had caught on to the name, and their sub-conscious minds had invented the rest of the messages in connection with it. In support of this the address, "Alpine Cottage," which had been given was shown to be fictitious. At this part of the conversation I pointed out that: almost at the conclusion of the meeting, "Gordon" came through as promised at the last meeting.

His first message being (just as he, that is No. 15 M. was speaking) "TAKE NO NOTICE OF SPEAK." "Did he mean speaker—Sam Warner?" "YES."

Number 15 M. admitted that when this came through, it was a bit of a shock to him, and that it was a very good point.

COMMENTS

(a) During the period when the sub-conscious minds of the sitters were apparently inventing the information about Sam Warner we had continuous streams of meaningless spelling, much more than usual. The sitters generally, were taking no notice of this spelling which was taken down by Number 15 M. It would seem as if there was some difference in table control during the "Sam Warner" episode, that is—continuous spelling out of letters without hesitation having no word meaning as on previous occasions.

(b) Mere coincidence of the "Gordon" message coming through at such an appropriate time should be ruled out.

If you do not rule out coincidence in the Gordon case then you must allow it in the Sam Warner case—who is, to say but what it was coincidence that Number 15 M. should be controlling the table for the name Sam Warner to be spelt out just at the time when a real entity Sam Warner was trying to get through?

In a subsequent explanation, Number 15 M. said he had unwittingly used pressure on the table at what might have been the key letters during the spelling out of "Sam Warner" and that the rest of the sitters were responsible for the other letters. Yet, he says, he did not consciously know the name was going to be Sam Warner.

The following three theories should be considered :

- (1) Telepathy between conscious and sub-conscious minds without intention.
- (2) Spirit mind operating in conjunction with incarnate sub-conscious mind with intention.
- (3) Incarnate sub-conscious mind being wholly responsible.

MEETING (*December 6th, 1937*).

Arising out of the report on the above discussion, Number 15 M. pointed out he had given further consideration to the value of the "Gordon Message" coming through with—"TAKE NO NOTICE OF SPEAKER SAM WARNER." He felt satisfied that the desire of the sub-conscious minds of the sitters to get back to their old friend "Gordon" would be sufficient to account for the message. In support of this, he pointed out, that, at the previous meeting one of the sitters had used similar phraseology when "Gordon" was saying he would not be coming any more. He also pointed out that "Gordon" had finished up by saying "YES" to the question "IS SAM WARNER AN ENTITY?"

With regard to the continuous spelling out of meaningless letters without hesitation—this was accounted for by the fact, that a recorder sitting away from the table, left the sub-conscious minds of the sitters not worried as to whether the letters were making sense or otherwise. To this, I made the following comments :

(a) It must not be forgotten that when this "Gordon message"—"TAKE NO NOTICE OF SPEAKER" came through on November 29th, 1937, the sitters knew nothing at all about Number 15 M. having used any pressure on the table in relation to the "Sam Warner" name on November 15th, 1937.

Also Number 15 M. himself, was not at the table. He was actually taking the message down.

(b) If discarnate mind works through the sub-conscious mind of an operating sitter, is it not a possibility that the discarnate mind can only give impressions of what it wants to get over, leaving the sitter to give expression to it in his own usual phraseology?

(c) The fact that "Gordon" had finished up by saying "YES" to the question "IS SAM WARNER AN ENTITY?" would lend support to the theory that "Sam Warner" actually did impress Number 15 M. to influence his name being spelt out.

(d) I think, in view of the subsequent explanation as to what Number 15 M. actually did towards the spelling out of "Sam Warner" together with other possibilities, cuts away his claim of absolute proof, that incarnate sub-conscious mind was wholly responsible.

Several further sittings were held in December but with no outstanding results.

MEETING (*January 3rd, 1938*)

The following resolution was carried unanimously: "The Group is agreed, as a result of test and investigation, that involuntary movement is the chief factor controlling table movement."

On January 5th, 1938, at a public meeting, the following message was given to me by Mrs. Lilian Phillips, a London medium:

"There is a band of spirit people co-operating with you in some Research work you are doing, but you are not getting anywhere with it yet. You are continually turning it over in your mind and you are only going round the same thought.

"If you will sit down in the silence, and try to link up with the spirit people, they will help you in a much better way than revolving it in your mind; you are making no opening for them. It will give you a great deal, and it will be helpful to you in your material life as well as in spiritual."

Meetings, *January 17th and 24th, 1938*, were of a similar nature to previous meetings, nothing really evidential being apparent.

During the ensuing months ending February, 1938, various tests were put into operation in an attempt to clarify messages, without success.

What might be termed potential mediums, were separated; sitters were interchanged, and so on.

Perhaps the most important feature of this period, was the verification of my previous findings, through the co-operation of a visiting circle—using their own table—who claimed to be purely spiritualists.

FINAL SUMMING UP

And now, Ladies and Gentlemen, after all these months of experiences and reasonings, I was bound to come to the conclusion that the table messages in themselves showed nothing but a state of confusion and gave no real evidential matter. But the fact remains there was a confused intelligence of some kind operating those tables. And I had still to account for the real cause of the proved involuntary movement on the part of two different group types of sitters. Now in considering the cause of this involuntary movement, it is usually claimed that sub-conscious mind is responsible. Well, here is the usual definition of this so-called sub-consciousness sufficient for our purpose at any rate. A psychological term with two different shades of meaning: (1) a lowered state of consciousness in which perception is weaker and less distinctive; (2) Actions of the mind which cannot be

traced by the observation of one's own mental state, mental processes unaccompanied by consciousness. Instances of the latter are absent-mindedness, the involuntary repetition of certain actions, the resumption of a habit which changed environment renders undesirable. These processes tend to the abnormal as exhibited in somnambulism, or hypnotic condition, hysteria, or in cases of drug influence. Now I want you to thoroughly understand that my sitters were, from a purely mental point of view, fully conscious of all that was happening around them. They were not working in a lowered state of consciousness. They were not hypnotized. They showed no signs of hysteria, and I can assure you, they were not what are termed absent-minded people. Neither were they drugged, far from it, they were intelligently alert.

Well, leaving out the possibilities of discarnate influence, this so-called sub-conscious mind, really, is a wonderful piece of mechanism, if and when, it is primarily or wholly responsible for table movement. It can concoct, it can tell the truth, and it can lie. I think it is safe to say all the sitters deep down somewhere had a very strong desire that some real sense would come through, giving evidence of survival, and you all know that when one consciously desires ardently for certain results, this so-called sub-conscious mind begins operating to fulfil these desires. Our sub-conscious minds have not reacted to the conscious desire, by sending some real sensible messages through. Again, when you remember the claim that this so-called sub-conscious mind can register and recall accurately the millions of happenings from birth, perhaps before, it begins to seem a little difficult to believe that it could be so fickle as to be wholly responsible for the apparent absurd messages that came through. "But," you may say, "the sub-conscious mind only recalls accurately when prompted and guided." Well, where has there been more prompting and guiding than at the table experiments under discussion, yet none of the urgently desired evidential messages came through? What are the working relations between the conscious mind and the sub-conscious mind? I usually find that the various stages of partial consciousness more often help the conscious mind to act in a normal way. Take the case of the blind man avoiding the lamp-post. "Oh," you may say, "That is instinct." Well, I call it a state of partial consciousness helping the man to avoid foolishly knocking his body about. Or reverse the position if you like. Watch the man who is blind in another way. The partial consciousness that he still possesses tells him to cling to the lamp-post to protect his body. In any case the tendency of this other sense is to help one to do the reasonable in relation to the conscious. So why should this other sense want to send nonsensical messages

through? Unless you admit telepathic cross-currents between the sitters. And if you believe that, and at the same time believe in survival, as most people do, even if they do not believe in its demonstration, then you must believe in more than a mere possibility of discarnate telepathic cross-currents taking their share of the responsibility for the apparent senseless messages we have received. And if you say these cross-currents do not take place, I ask, "Is it reasonable to assume that the sub-conscious minds of all these intelligent sitters who are fully conscious to all that is happening around them, came into play in accordance with the spoken prompting, and thus provided a disjointed message?" I say "No," because it must be remembered there were occasions when I asked the sitters to take turns in checking up the letters spelt out. This at least, made each sitter definitely conscious of that part of the proceedings. Yet, instead of the table moving in various directions as you would expect (if the sub-conscious minds of all the sitters were reacting to the prompting), it continued to move in the same direction. So we have to assume that the sub-conscious mind of only one sitter was reacting to the prompting. And, according to our previous reasoning we should have had the ardently desired evidential messages through one sub-conscious mind. *We had not.* So I came to the further conclusion that whilst there might be instances in the records, where this so-called sub-conscious mind could be said to be responsible, it left practically the whole phenomena to be accounted for by some other explanation.

What could this other explanation be? The word "Sensation" flashed into my mind. Let us see where this new thought brings us. I realize it would be foolish of me to go against authority on these matters, but the phenomena I have witnessed at the table, would become much clearer to my understanding if I were allowed to leave out the term "sub-conscious mind" for the time being, and just deal purely with the conscious mind, the memory, and not only the true recalling faculties, but faculties without which mind of any description cannot possibly function, "sensation" and "feeling." Now feeling is different from sensation; the body has the sensation, the mind transmutes it into feeling. When a person of an affectionate disposition is told that he has lost a near relative he immediately feels great grief. Does he cry because he feels grief or does he feel grief because he cries? The usual experience in the higher emotions or feelings, is that the mental change of state precedes the physical effect. One hears the news, "sensation," feels the grief, and then cries. Sensation and feeling are reflex. The sensation produces the feeling, the feeling produces the sensation.

Let us consider two or three of the principal methods of producing this sensation and feeling.

(a) *By suggestion*—If I mention to you the word "paint" you immediately experience the sensation of smell—colour, you feel the whole atmosphere of spring cleaning or some such association. The conscious mind interprets the sensation and simply changes its conscious thought.

By direct contact—Someone touches you on the knee just where you received a nasty kick in your football days. Immediately, all the associations and feelings in connection with that kick are before you again. The conscious mind interpreted the sensation correctly, when the old bruise was touched, and simply changed its conscious thought.

(c) *By indirect contact*—The sensation and feeling of like or dislike produced by other personalities, even though you know nothing about them, though you have never even heard them speak. Again, think of the pleasing sensation and feeling one gets from a beautiful scene. The conscious mind interprets and builds according to its sensitivity. I would now like to compare very briefly the methods of the hypnotist and the mesmerist. Hypnotism is considered to be a purely physiological process, and it is usual to produce rigidity of one or other of the limbs, hypnotically, by stroking nerves or nerve centres. On the other hand a similar effect is produced mesmerically, by making passes over the same area contacting the aura only. It would appear the body controls the mind in the one case and mind controls the body in the other case. The one is physical, the other is psychical. I believe it is safe to say the present-day hypnotist uses both these methods. Well, to sum up :

(1) I had proved involuntary movement operating in two different groups of sitters.

(2) Difference obvious between voluntary and involuntary movement as shown by Number 2 M. on October 11th, 1937.

(3) Involuntary movers had little or no control as shown by Number 14 M. on November 15th, 1937. I, myself, experienced great difficulty in fighting the urge power on November 8th, 1937.

(4) Have shown, or at least, tried to show that sub-conscious mind—so-called—did not react to the conscious desires, or prompting of any other mind in accordance with psychological theories.

(5) Can anyone conceive that all those intelligent sitters were consciously and deliberately competing with one another to see who could move the table most? This question is too preposterous to dwell upon.

(6) Had the sitters in question been under any physiological influence such as hypnotism, their actions could have been understood.

(7) We are left with nothing but mesmeric influence to consider with no one apparently present to induce it.

(8) This leaves us with the probability of discarnate mesmeric influence.

(9) Whereas the incarnate hypnotist has the advantage of mind and body working upon mind and body, to produce his ordered phenomena, the discarnate mesmerist has primarily only mind working upon body.

(10) If this theory is correct it would account for the discarnate mesmerist only being able to do half the job—that is, to get the table movement only—until such time as the sitter or sitters were able to transmute the sensation into feeling, which would mean that the mind of the sitter or sitters had become in *rapport* with the mesmerist, thus producing ordered phenomena.

(11) In view of what I have witnessed, the following is the only hypothesis I have been able to build up and on which I propose to work :

There is a radiating muscular force or power belonging to each sitter which at times, appears to be affected by a directing intelligence other than that of the sitter. This directing intelligence produces sensation on the muscular nerve centres using mesmeric methods, i.e., by making passes contacting the aura only.

This is the initial stage of table movement. Now, until the mind of a sitter becomes sufficiently sensitive to interpret the sensation and thus becomes in *rapport* with the operating intelligence, you will not get evidential messages. It may be possible to develop this radiating muscular force so that no direct contact between the sitter and the table is necessary, as was shown in the case of Eusapia Paladino when the table moved according to her bodily motions, although it was seven feet away.

CONCLUDING REMARKS

It has been my experience to note that with some researchers there has been such a high wall of materialism built up, that it is utterly impossible for them to investigate the spirit hypothesis. On the other hand, I think there has been such a fog developed around the spirit hypothesis that other researchers cannot understand material reasoning at all. Now until these people who prefer to shelter behind this wall, or are too small to see over the top, begin to grow and recognize the ever-changing conclusions in the so-called exact sciences, it is useless for them to investigate psychic matters. Both these types put themselves in the position of proving one side only and conveniently ignore the evidence for the other. In my opinion, this kind of investigation retards progress considerably because materialism and spiritualism belong to each other.

A PSYCHOMETRIC EXPERIENCE

BY H. P. NORMAN.

Miss Sheppard, who is an old friend of our family, happened to tell me of a lady, Miss H., visiting her from London, who possessed the power to describe circumstances and persons associated with any particular object held in her hands. I expressed the desire to meet the lady in question, and in such case to bring along some articles with which her gift could be tested. It was agreed that until the end of our interview my name should in no circumstances be mentioned. I also



arranged to meet Miss H. at the home of Miss Sheppard, this again to prevent the possibility of my identity being known to the Medium. In fact, Miss H. knew nothing whatever of me until the experiment was concluded. The following is a report of what occurred:—

1. I handed to Miss H. four "assignats" (that is, specimens of paper money), that were issued by the Revolutionary Government in France, during the period generally known as the "Reign of Terror" 1792. (*Illustration.*)

These notes formed part of a collection that came to this country from Syria in 1933, and had a label as follows, "Bibliothèque, Commandant Babut de Rosan." Each note is mounted

on stout paper, and they were folded in such manner that the nature of the contents was entirely invisible. My wife and I were the only persons in the room who had ever seen the notes, or knew anything whatever of them.

Miss H. after a pause, whilst she gently fingered the packet, began to speak as follows : " There seems much confusion and I have difficulty to make the matter clear. An old man was associated with these papers. He has a white beard, and I am impressed that he was a person of some standing and authority. There are other people with him—they seem to be of one family. Somehow they impress me as being anxious and in a state of alarm. It is over some other members of the family, who for some reason have fled for safety. It is very distressing and they are deeply concerned. These people that I see are not of our time but of a period long ago—the dresses are strange and they wear peculiar hats——" (after a pause), " but they are not English and seem to impress me as being French—yet from the old-style dresses they may be Italian, and yet I feel strongly they are French."

At this point Miss H. turned towards me and asked, " Has all this any meaning to you, and are the papers in some way connected with France ? "

I simply replied, " Yes, the papers have association with France."

She then asked : " Did you know anything of the old man I mention, and did he write them ? "

I replied : " I know nothing of anyone that has had to do with the papers."

Miss H. paused a short while, again gently fingering the papers, and then proceeded. " Yes, I thought they were French, but of times long ago. I still see these people and they are greatly alarmed about the position of others of the family and of certain friends, some of whom if it proves possible are fleeing overseas—I am not quite sure but it seems to Italy." Here came a pause, during which Miss H. showed definite signs of concern, then : " In all that I see and hear there seems to be some overwhelming fear and deep apprehension of something in events that is a danger they all seem to dread. I am impressed that at the time there was an overturning and wild sweeping away of things that had been, and yet it was a time of desperate effort to re-construct and in another manner re-form

what at the very time was being destroyed." (*Note.*—Very curiously accurate, and yet not generally known except to careful students of the period).

Another pause—and I took the chance of placing a further packet of the notes into the hands of Miss H., again arranged so that the contents could not be seen. (This packet contained notes dated with the month of October, 1792—that is the month following the September Massacres of that year.)

Miss H. now seemed to show signs of distress and concern, then proceeded, "The conditions I feel are terrible, and I see many people. Everything is in a state of uproar, and there is tumult and Revolution. The people, I am impressed, are in fear and full of anxiety of what may be about to happen. Everything seems swept away and none know of the future. I again see that old man and others with him. He is of striking aristocratic, or, rather shall I say, of 'manorial' appearance. I use the word manorial because I am impressed that he was in some way associated with estates and the country, and he, together with his companions, seem to be of good standing. There are other people about, and all the time there is a state of tension and alarm—a feeling of disturbance generally. Twice I have got the name Rouen, but this may be my own mind intruding."

Miss H. then turned to me and enquired if in the packet there was a map, and if the contents were associated with only one place in France. I replied that there was no map, and the papers concerned only one place in France. (*Note.*—In this I was, of course, in error, and it afterwards occurred to me that the "assignats" were at the time in circulation all over France. For some reason my mind was fixed wrongly on Paris.) Miss H. then proceeded, "An effort has twice been made to show me a map, which was of printed type with a queer frame designed margin, but I am not able to get the details. It seems an effort to indicate to me a certain part of the country, and again I get the name Rouen. There seems such sadness and sorrow in all the people I see. The old man and those with him seem hurrying away towards the south, and passing through a country with hills that are wooded."

Note.—At this point I noticed that Miss H. seemed a little

Prediction for October has an excellent article by Robert Blatchford, the veteran journalist, reaffirming his discovery of psychic facts and the implications of these on the thought of the day if men would give heed. He acknowledges his debt to the late Mr. Hewat McKenzie who brought him personally into touch with the mediumship of Mrs. Osborne-Leonard who provided the evidence which completely changed his subsequent thinking.

The Leeds Psychic Research Society send, with an interesting Autumn Programme, a pamphlet, "Death and its Values," the address given at a meeting of the Society on February 19th, 1938, by Prof. W. H. Maxwell Telling, Vice-President of the group, who passed on in April last. The pamphlet is edited by Mr. E. Graham Walton, Vice-President of the Society, and is published by the Leeds Centre. Mr. J. Arthur Hill and Mr. John Skelly contribute forewords.

The Edinburgh Psychic College and Library present an excellent Autumn Syllabus, and Scottish students should apply to the Secretary, 30 Heriot Row, Edinburgh, for a copy of this. The presence of Mrs. Kathleen Barkel, the London Medium, at the opening on September 9th, was highly appreciated.

The *Sheffield Society for Psychical Research* has also placed a very useful programme of lectures and mediumistic activities before its members, and the *Leicester Society for Psychical Research*, with an excellent programme, take as their motto, "Educate."

The thanks of the College is extended to Mrs. Kitchen, Mrs. Done, Miss Easton and Miss de Rennick for gifts of flowers.

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REPORT ON A SERIES OF SITTINGS WITH MRS. EILEEN GARRETT

By K. M. Goldney and S. G. Soal.

S.P.R. Proceedings. Part 154. Vol. xlv. June, 1938.

This Report was prepared for the International Institute for Psychical Research for whom Mrs. Garrett consented to repeat in London, in 1937, the physiological experiments carried out in New York in 1935-1936. Mrs. Goldney, at Dr. Fodor's request, agreed to find some doctors willing to undertake such and did so. The Institute after considering the completed report allowed Mrs. Goldney to read it before the S.P.R. who have now issued it as a part of their Proceedings.

Mrs. Garrett offered her mediumship voluntarily for these experiments, and her magnanimity in doing so, and the splendid way in which she undertook an arduous and wearisome business, is given due appreciation by those who co-operated. Likewise, to the medical men who gave their time and skill so freely, is thanks accorded.

It will be remembered that on Mrs. Garrett's return from U.S.A. to London in 1936, she gave an account of the New York tests, first suggested to her by Dr. Alexis Carrel, the famous author of *Man the Unknown*, as one way by which she might attempt to prove the independence of her controls, 'Uvani' and 'Abduhl Latif.' Previous psychological tests, to which she had submitted both in America and in London, though interesting, left the Researchers still disputing as to the value of the results in her own case, and in that of other mediums.

By her own efforts she found Dr. Traeger, a New York physician, willing to undertake the tests: in this, he was assisted by two other doctors. On a number of occasions, sometimes for hours at a stretch, Mrs. Garrett submitted herself to blood-counts, sugar tests, pulse and respiration tests, and electro-cardiograph registration. Severe drug tests were added. These doctors, presumably, with little or no knowledge of mediumship, professed themselves enthusiastic over the results and expressed this to Mrs. Garrett in the presence of her secretary. She understood from Dr. Traeger that the significant reports might even be published in one of the medical journals. Copies of the findings were given her and her London friends received the news with the greatest interest, hoping that this would throw new light upon the much disputed point of the reality of the 'controls.' No restriction was placed upon her as to the use of the material, and before the L.S.A. in 1936, and at the College Dinner in May, 1937, she spoke of the significance of what had been done. Both LIGHT and PSYCHIC SCIENCE recorded these speeches in their pages. In the Report before us, Mrs. Goldney takes us to task very severely for daring to use this matter without further verification, and considers that in issuing such reports we are the enemies of mediumship and encourage sensational and even false reports. Mrs. Garrett was developed by Spiritualists and worked for these for many years.

She owes nothing to Psychical Research. Instead, it is deeply in her debt as Dr. Rhine of Duke University, U.S.A. has generously acknowledged. Spiritualists were her friends and they did well to acclaim in their journals the courageous effort she had made in a hitherto untried field. If anyone can be censured it is Dr. Traeger. He encouraged Mrs. Garrett to believe that the tests were beyond normal experience and supplied the Reports. Mrs. Goldney has since put herself in touch with him and quotes his reply, that, "The work already done has been interesting, but merely tentative and that no conclusion was claimed," and that, "the English Journals which reported the experiments had caused him perturbation by their attempt to lend them an aura of accuracy and finality which they do not possess." It looks as if Dr. Traeger, challenged by his English compeers, had developed the complaint familiarly termed "cold feet," not at all unknown in men of scientific standing who first wax enthusiastic over contacts with fine mediumship, but cannot stand up to their own after-thoughts or to the cold criticism of their fellows.

The above summary of the matter is necessary to refresh the memory of readers. The physicians, secured by Mrs. Goldney's praiseworthy efficiency for the London tests, were of outstanding ability, Dr. Geoffrey Bourne for the cardiographic tests, Dr. Cuthbert Dukes for blood tests, Dr. Wm. Nunan, Dr. V. J. Woolley and Dr. Helena Wright. The last named three have made some study of psychic matters, Dr. Woolley in particular. The experiments were carried out in the consulting rooms of the doctors. Mrs. Goldney was present on each occasion and made the records.

If Mrs. Garrett had not felt assured that what had been accomplished in New York could be repeated in London and did so with the greatest good will, I cannot imagine her consenting to this. When the trance state was apparent, both 'Uvani' and 'Abduhl' spoke through her expressing their readiness. The reports, however, of one and all of these doctors declare the tests on every count as entirely negative, in so far as they could be considered evidence of any change of personality. Variations were noted, as in New York, but these were only considered as occasioned by stress or activity and could be observed in similar degree in ordinary persons, or had been observed in those suffering from hysteria, a word, as used by the medical profession, which covers much ground. They challenge the value of Dr. Traeger's reports and as he has now apparently changed his point of view there is nothing to be said for him. The drug tests were not undertaken by the London group in view of their findings. I do not doubt the accuracy of these findings, a non-medical person cannot do so; Mrs. Garrett did her utmost and if the results are declared negative hers is the chief disappointment. From what I have gathered I believe that she was probably happier and in better health in New York than in London, and these factors are important in mediumship. Apparent trance may occur and personalities may report as present and yet be helpless to produce what they say they can accomplish.

I do not think either, that such drastic experiments can be undertaken at command. Perhaps Mrs. Garrett over-estimated her mediumistic strength and ignored the conditions necessary. Trance control may have in it the elements of hysteria but that does not negative control by another personality even though physiological proof may never be obtained. We can but give the medium credit for a very gallant pioneering effort. We cannot even say "Who shall decide when doctors disagree?" in view of Dr. Traeger's defection. I notice that the doctors did differ on one point. When the medium was under control she was able to stare unblinkingly at a bright light for seven minutes. One announced that this was quite possible in hysterical subjects while two others seemed unconvinced as to this. It seems a small point to betray doubt upon.

I do not think Mrs. Garrett will undertake more experiments on such lines and I know no other medium willing to do so.

REPORT BY MR. SOAL.

This portion of the Report deals with Mr. Soal's attempts to reproduce the successes in Clairvoyance and Telepathy, in reading cards, claimed by Dr. Rhine in experiments with Mrs. Garrett at Duke University. Again, the results are declared negative and no more than chance can allow for. Such a result under Mr. Soal's supervision is really becoming monotonous! He argues that even if his own presence at the tests was inhibitive, though he by no means thinks so, he allowed Mrs. Garrett to work with other persons so carefully trained by himself that they would not vary his methods by a hair's breadth, with a similar result. Mr. Soal challenges some of Dr. Rhine's methods of computation of successful results though he acknowledges certain of his findings, if. . . . But here he is on mathematical ground and outside my range and speaks but to the very few. Prof. William Brown, in discussing such tests in other psychological work, says, "the statistical method is dangerous. It is two-edged."

There is an unfortunate publication of a letter here which Mrs. Garrett dictated to Mrs. Goldney, but which she asked should not be made public. In it she compares Dr. Rhine's and Mr. Soal's methods in dealing with mediums. She had experience of both. She states that she felt quite comfortable with Mr. Soal, he left her alone, to which she is accustomed, whereas Dr. Rhine adopted with her the technique he has found useful with the amateur psychics among his university students; jovial suggestion of success and working with a view to results, and to this she had to accustom herself. But apparently Dr. Rhine's method brought her success while Mr. Soal's did not. In experiments such as card tests, where there is no emotional stimulus—the feeling of working for some good for someone—which I believe a medium needs, I think Dr. Rhine's method, even if artificial, a wise one.

The publication of the letter without Mrs. Garrett's express permission might seem to imply criticism of an investigator under whom she worked very happily, but I feel sure Dr. Rhine has the good sense not to regard it as such.

B.McK.

BOOK REVIEWS

SCIENCE AND PSYCHICAL PHENOMENA

By G. N. M. Tyrrell. (Methuen. 12/6.)

There can be no doubt that in the author of this book we have an investigator of the greatest value to Psychical Research. Though an immense amount of material has been collected during the last 50 years, an adequate technique has hardly yet been evolved for coping with it: methods of proved value in dealing with the physical sciences break down here, where nearly everything is unknown, and the conditions so unprecedented. It appears to me, however, that in this book indications are given that should be a great help to workers in this field.

Mr. Tyrrell commences with the nature of spontaneous evidence, pointing out that the investigation of such cases does not lie strictly within the field of science, but by the use of methods which are partly those of the historian and partly those of the law courts. He gives rules for the securing of good evidence, rightly stressing the notoriously fallible nature of human testimony. Examples are given of spontaneous evidence classed under headings of Telepathy, Clairvoyance, Precognition and Retrocognition. All the cases given are closely scrutinized and weighed up; opposing theories with regard to veridical dreams (for instance) are compared and analysed with scrupulous fairness, and it is impossible to cavil at most of the conclusions arrived at.

Among examples of spontaneous occurrences the famous "Chaffin Will" case is given; this is hardly surprising however, for—to quote the author—"In this case the telepathic explanation becomes more complex and roundabout," it certainly does. In point of fact it becomes so extremely complicated that it is difficult to swallow unless one is one of those optimistic individuals who are prepared to set no limits at all to this faculty.

Part II is devoted to experimental Extra-sensory Perception, and includes a history of experimental work carried out from 1881 (when a group of investigators which included some of the best-known S.P.R. members worked with the Creevy family, using playing cards, words and numbers) down to Dr. Rhine's recent experiments and the valuable but not so widely publicised work of the author himself with Miss Gertrude Johnson as sensitive. Mr. Tyrrell's work was done under strict test conditions and his apparatus examined and approved, he tells us, by a prominent scientific experimentalist, and a high degree of success was obtained. The variability and delicacy of the faculty of extra-sensory perception is noted here, and the inhibiting conditions which so often occur, also how these are so frequently disregarded by the type of critic who would like the faculty turned on like a tap for his benefit. "Try the experiment with a humorist, that the above type of critic wants to try with a sensitive," says Mr. Tyrrell. "Say to him, 'You said some very witty things at dinner last night. To-night I have some people coming to take them down!'—then note the result."

The next chapter tackles the theory that Telepathy is possibly a physical mode of intercommunication, and the conclusion is arrived at that a physical theory of telepathy is absolutely untenable, despite the popular tendency to regard it as a manifestation of physical radiation of some sort. The same hypothesis is examined in the case of Clairvoyance only to be similarly rejected. To quote again here: "Extra-sensory perception has every appearance of breaking away from the scheme of the world as we at present understand it, and of refusing to fall into line with the causal scheme. In Precognition it is worse still, for this more than anything seems to be at variance with all we know." Space is devoted to various modern theories on the nature of Time, but the reader must examine the author's exposition for himself, it well repays reading several times.

A chapter follows on the prevailing attitude towards Psychic Phenomena and the reason for the apathy of the scientific world in general is, it seems to me, most accurately diagnosed.

Mr. Tyrrell next passes on to the Mediumistic Trance, which is treated in great detail, the work of modern mediums, as well as Mrs. Piper being passed in review. Mr. Whateley Carington's testing of trance personalities is gone into, also Mr. Kenneth Richmond's theory of "Vehicles," which the author considers a valuable step towards the understanding of trance phenomena. Book-tests and Cross-correspondences are next commented on before the theoretical aspect of the mediumistic trance is considered. "The Antecedent Probability of Survival" is a most interesting chapter. I should like to be able to quote extensively here, but will at least mention one paragraph.

After quoting Professor Dodds at length, Mr. Tyrrell writes: "What would happen if these states (of trance) were carried so far that they passed the elastic power of recovery? The many who agree with Professor Dodds would, I suppose, say that instantly all the constituents of the personality would vanish and that it would disappear as a whole like a soap-bubble that has been blown too big. I do not myself think that this is what the facts point to. For one thing this view places the personality too literally *within* a world which must on any count be to some extent its own world of appearance. It is too naive, too childishly trusting of common sense views of nature and time. It seems far more likely that a re-synthesis of the elements of the personality would take place, and that it would reach a new state of stability; and this, on the present view, would be accompanied by some stable world of appearance which would be exactly suited to it."

Chapters on Physical Mediumship, the relations of Psychical Research with Spiritualism and Religion, together with a summing-up of the whole position in the field of Psychical Research to-day, closes one of the most comprehensive and important books on the subject which have appeared for a very long time. I feel, however, that I must take exception to one phrase in Mr. Tyrrell's introduction. He writes here of the "murky sensationalism of Spiritualism." If the modern spiritualistic movement possesses a fringe of hysterical

and sensation-mongering hangers-on, the main body is on the whole level-headed, serious and shrewd. It believes in survival certainly, for it considers rightly or wrongly that it has solved this problem for itself through its own researches. Its outlook is with a few exceptions a sane one. I would respectfully suggest to Mr. Tyrrell that his book will receive more intelligent and sympathetic study from this despised body than from that section of the public which has no knowledge whatever of modern Psychical Research.

V. A.

HYPNOSIS : ITS MEANING AND PRACTICE

By Eric Cuddon, M.A., B.C.L. (Messrs. G. Bell & Sons. 3/6)

Another volume of the Psychical Experiences Series deals with a subject which still remains the province of but a few medical men and a few laymen ; some of the latter have given notable contributions. This is from the pen of one of the younger men in Psychic Science, a barrister by profession, who has examined many facets of our subject with care and has chosen Hypnotism for his particular study. He speaks from practical experience for he has had the good fortune to find a 'subject' willing to submit to experimentation, the only way by which a Hypnotist can learn the art. In lectures given at the British College, Mr. Cuddon demonstrated with his 'subject' in a hypnotic condition. He reproduces from our Journal one of these lectures, with the experiments recorded graphically at the time by means of the Cannon Psychograph, and makes due acknowledgment for the use of this material.

Hypnotic treatment under many names is one of the ancient secrets of power, the man of determined will subduing to his own interests the weaker person by domination of his inner consciousness. It is powerful for both good and ill. Unhappily it became in the last century associated in the popular mind with the idea of illicit attempts to subjugate persons for mean ends and fell into disrepute. The medical profession, which at one period held the key to its psychological and therapeutic value allowed it to fall into disuse. Only since the Great War has it been rescued to meet the need arising through shell shock and dissassociation of personality, and many famous European doctors recognise its use. But there is no recognised school of training. At the Sâlpêtrière and at Nancy in the 'eighties of last century, Charcot and Liébeault demonstrated what could be done by its means on pathological lines and hundreds of students could see it in practice.

Hypnotism and suggestion have always been associated with psychic study, in the early days of the modern movement even more than to-day. Many think that the mediumistic faculty might be considerably advanced by its right use.

S.P.R. Proceedings contain many valuable papers by distinguished students on Hypnotism and Suggestion and a list of these and books for study are listed. A glossary of familiar terms used in psychic study is also included in this very useful work.

B.McK.